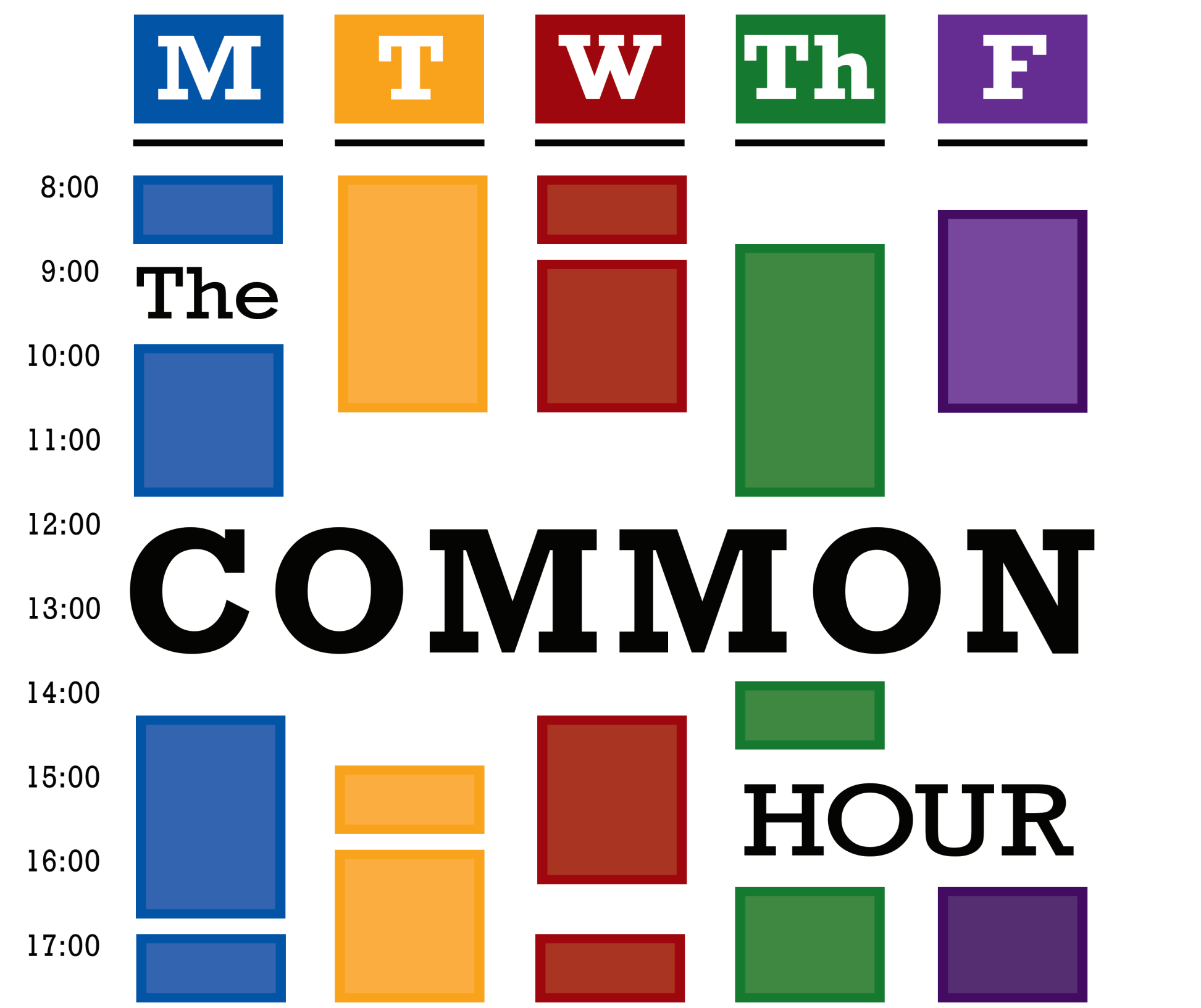




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Looking at campus responses to substance use.



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Q & A with Dean Segawa



Common Period gives campus time to connect

by Keely Coxwell

As early as the 2017-2018 academic year, the whole University community will have time every day to connect, address concerns and plan together. The common period will soon be implemented at the University. The common period will be a 90-minute period of time every Wednesday from 12:00 to 1:30 where there will be no classes scheduled.

There are many benefits of having a common period, but the primary reason is a solution to the difficulty of scheduling faculty meetings, according to Academic Vice President and Dean of the University, Kris Bartanen.

“There are a lot of decisions on the campus that are important to make together and a challenge that we’ve had recently is that faculty meetings are 4:00 p.m. to 5:30 p.m.,” Bartanen said. “For some people that has overlapped with classes or it’s a challenge in terms of child care, so attendance has been lower.”

“There is, for some, a sense of disenfranchisement so the hope is that having a time when everybody who is a voting member of the faculty can participate or as much as possible,” Bartanen said.

“I think on campus we all do a lot of things and

it’s really hard to find space to do the work of governing the institution that we do as faculty, staff and students,” Chair of the Faculty Senate and the Chair of the Department of Politics & Government, Alisa Kessel said. “It’s becoming increasingly clear to the faculty that not having a good time for governance is becoming a challenge for people.”

“The idea is to create a space in the weekly schedule that will facilitate shared governance of the University,” Kessel said.

The benefits of the common period are not limited to just the faculty.

“Students were recognizing that even when you try to have a student-wide event, even if it’s at night, there are still people in class or lab, there are still people who are doing clubs or doing rehearsals,” Kessel said.

“As we started thinking of what else could happen, we realized it could do much much more for the campus than just allow for faculty to have their meetings,” Bartanen said. “Students could have gatherings of student bodies, as well as have opportunities for campus wide conversations, events, speeches and speakers.”

Those developing the common hour plan contacted Terry

Halvorson, the Director of Dining and Conference Services, to make sure the change wouldn’t adversely affect her staff or the diner.

“The biggest concern was would the diner have a significant impact, such as everyone in the diner at once,” Halvorson said. “But our staff felt the opposite way, when you have a bigger break a couple of things happen—more students will leave campus or be attending meetings. Also when you have an amount of time without classes it spreads out the business more.”

The common period is likely to be a trial run, as the faculty is ready to alter the period if necessary.

“The faculty is going to be monitoring it closely to make sure it works and that student course schedules aren’t adversely affected,” Kessel said. “We are going to try it and see if it accomplishes our goals.”

“If it turns out that we don’t need the 90 minutes then I think we would shift it down to 60 minutes. It’s very much a test run,” Bartanen said.

“With the common period we could have this chunk of time,” Kessel said. “Which we can truly devote to being in community with each other not distracted by all of the other important things we do.”

PAGE DESIGN/TONY CALABRESE-THOMAS

University addresses substance use across campus

By Madeleine Scypinski

Friday nights are usually a time to de-stress at the end of the school week. Whether you'll be going to bed early, watching Netflix instead of sleeping, or coming home late after a house party, if your chosen activity involves alcohol, there are groups all over campus offering advice on responsible consumption and healthy interaction with others.

If it's a Sigma Chi party you are headed to, you can expect to see a number of risk monitors mixed in with the crowd throughout the house who are "specifically there for the purpose of taking care of things as they pop up," Matty Specht, Sigma Chi President, said. He emphasizes the importance of risk manager approachability, something Sigma Chi considers deeply.

As a risk manager, "you're there to promote people's safety but you're also there to interact with them, so that if they feel like something is happening, they don't have a hard time approaching you. They don't feel like they're going to get in trouble; they know we're just there to help them if something happens."

Sigma Chi plans extensively for each party, says Specht, "to address the possible things that could go awry, as well as figure out a way to react to situations [we] didn't expect."

Most of the house is Green Dot Bystander trained—it's a goal of theirs to have everyone in the house certified—and Sigma Chi hosts their own workshops as well.

Sigma Alpha Epsilon (SAE), too, runs a strong risk management policy, including "a guest list that is vetted ahead of time" and "sober monitors at all entrances and exits," president Doug Palmer says, and every member is required to be Green Dot certified.

Their policy is reviewed by Greek Life and Security Services before each party, and afterwards members of SAE "review the event and discuss how to adjust [the] health and safety plan," Palmer says.

On a personal level, there are plenty of steps students can take to ensure their own safety. Debbie Chee, director of Residence Life, stresses "knowing yourself," knowing your tolerance and especially being mindful of your intake



PHOTO COURTESY OF THE UNIVERSITY OF PUGET SOUND

with regards to hard alcohol, which is most often consumed very quickly and with which it is more difficult to tell the size of a standard 'drink.'

Chee emphasizes that students have a responsibility to take care of each other, which often comes in the form of "having conversations with whoever you're with" about what your plans are for the night.

Similarly, Todd Badham, Director of Security Services, advises that if you're going to drink, "do it safely with people that you can trust, and take it easy," because "there's plenty of time in life" to "gradually learn about alcohol and how your individual body responds to it."

Dr. Chris Edwards, Counseling, Heath, and Wellness Services (CHWS) Substance Abuse Prevention Coordinator, notes that "most students, if they choose to drink, do so in moderation—less than four drinks in one sitting," and there are many options on campus for people who would rather not.

Down Beat Dance, one of Puget Sound's social dancing groups, is a magnet for "people who are looking to reach out and make a large variety of friends from all over campus, as well as get a little bit of exercise," Down Beat Dance's Gabe Whitson says.

In addition to the alternative to drinking that social dancing provides, Whitson points out that "at larger parties, the environment isn't really one of group social interactions, and more of individual social interactions—where it's group-oriented so you really get to meet everyone in the space."

As an added benefit, Whitson says, "it's also a good excuse, if you don't want to go out partying, to tell your friends that you're doing something."

Like parties in fraternity houses, Down Beat Dance stations officers around the room to ensure the comfort and safety of all session participants.

Even when situations involving alcohol spin out of control, the safety of students is the top priority.

The Call for Help Process "was

developed to help keep students safe, because we don't want people not to call" and get medical aid for someone in need "because they're concerned about getting in trouble," Badham said.

Students calling Security for themselves or for someone else in the event of dangerous intoxication "will have a conversation with the university, but not a conduct conversation," Badham says.

"We still count it towards our alcohol violation statistics, but it doesn't go through the conduct process, which is sort of a one-time warning deal." Repeat offences of the same nature may be subject to the conduct processes, but "care for that person at that point in time is our biggest focus," Chee says, emphasizing the value Puget Sound places on student safety.

Both Badham and Chee cite the university's small size as a huge plus for student resources. Says Chee, "We have a better opportunity to kind of talk through things, have a better opportunity for education and support."

WHERE TO FIND THE TRAIL

BLACK BEAR YOGURT
BLUEBEARD COFFEE
CAFE BROUSSEAU
METRONOME COFFEE
SHAKABRAH JAVA
CUTTER'S POINT COFFEE

EDITOR-IN-CHIEF OFFICE HOURS DIVERSIONS CAFE

MADLINE BROOKS
TUESDAY 11 AM - 12 PM

CASEY O'BRIEN
THURSDAY 12 PM - 1 PM

SECURITY UPDATES

The following incidents occurred on-campus and were reported to Security Services between October 18, 2016 and October 24, 2016:

- (1) Bicycle Theft: A student reported her bicycle stolen from the rack outside Anderson Langdon Hall.
- (2) Theft from Vehicle: Two visitors to campus reported their vehicles were broken into while parked in the Fieldhouse parking lot. The incidents occurred separately on different days. In both cases

personal property was left on the passenger seat of the vehicles.

- (1) Malicious Mischief: Rented Homecoming tents, the Color Post in the center of campus, and a vehicle parked in the driveway of the president's residence were vandalized with black spray paint. Please contact Security if you have any information about this incident.

Crime Prevention

- Be mindful of personal and

university property by keeping it secured or with you at all times. This includes office areas and residential spaces.

- Do not leave valuables in your vehicle. This can attract thieves.
- Secure your residence and/or room – especially at night while sleeping.
- Good quality "U-Bolt" style locks are highly recommended. Use additional locks to secure high end components (wheels, etc.) to the bicycle when stored.
- Always immediately report

suspicious activity to Security Services (253.879.3311 or ext. 3311) or Tacoma Police (911).

Security Services

- Security is open and staffed 24/7 to serve the university community.
- Utilize the Security Courtesy Escort Service if you find yourself walking alone on campus – especially at night. This service is also available to some areas off-campus.

- Please update the university with your cellular telephone number. We need it to send you important Security Alert messages. Do this at myPugetSound.
- Visit our website and check us out on Facebook to learn more about our services and stay up to date on campus security.
- Let us know if you have information about any of the incidents described above.

THE PUGET SOUND TRAIL

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The Trail is an independent, student-run organization funded by ASUPS. The Trail seeks to produce a credible weekly newspaper that serves as a comprehensive source of information relevant to its readership. The Trail acts as an archival record for the university, serves as a link between University of Puget Sound and the greater Tacoma community and provides an open forum for student opinion and discourse.
Visit trail.pugetsound.edu for the full mission statement.

Loggers address sustainable water use

By Nayra Halajian

Loggers live green. Loggers save water. If this is true, why are sprinklers on when it's raining? Though students often ask this question, not many of them seek out the answer.

Sustainability Coordinator Marcella Heineke explained that there is a complex system in place that manages the water level in the soil. Sensors in the ground keep track of how much water is already in the soil. If the sensor detects that the level has dropped under a certain percentage, the sprinklers automatically turn on.

When the water in the soil is back up to the desired level, the sprinklers shut off. So, when the sprinklers are on and it's raining, it's because the grass needs the water. With the help of rainwater, the sprinklers will automatically shut off sooner.

Though this system is used for the main campus, other parts of campus such as Theme Row and Greek Row

are not consistently watered. An irrigation specialist from Facilities, Collin Pruitt, maintains the University's irrigation system, constantly checking for leaks and ensuring that everything is working properly.

Sustainability Services, a subset of Facilities, is made up of students and is responsible for recycling duties, waste diversion, making events such as LogJam eco-friendly and educating students on all things sustainability.

Heineke works hard with her team of 14 students to contribute to the effort on campus.

"The power of students on this campus is incredible. If you want to see something happen, you have to do something about it. You can't just expect people to do it for you," Heineke said.

Last year, some houses on Greek Row utilized funding from the Green Fee to get low-flow showerheads. Three dollars are taken out of each student's tuition to make up

the Green Fee, a fund that is kept for student projects that help the environment. Any student or group can apply to get funding for their sustainable project.

Students do not have to come up with major projects in order to work toward the sustainability effort. Small changes can be made in order to be more water or energy efficient.

"When you're washing your hands, brushing your teeth, or shaving, turn off the tap if you aren't directly using water. Take shorter showers. Wash full loads on cold. We've seen a big increase in water usage now that laundry is free," Heineke said.

Revisiting safe spaces and trigger warnings

By Val Bauer

Jay Ellison may not like trigger warnings, but he does not speak for all University of Chicago faculty members.

Back in August, University of Chicago Dean of Students Jay Ellison sent a letter to all incoming freshman, denouncing "trigger warnings" and "safe spaces" in academia. Evidently, the university's faculty did not share that sentiment.

According to the Chicagoist, faculty responded to Ellison's statement in an open letter published Sept. 13 in the school newspaper, *The Chicago Maroon*. Currently signed by 174 faculty members, the online edition of the article is "continually updated as more faculty members sign the letter."

The letter, entitled "Letter: Faculty Respond To Ellison With A Letter Of Their Own," asserts that Ellison's condemnation of trigger warnings and safe spaces "is an affront to the basic principles of liberal education and participatory democracy."

The "practice of academic freedom can sometimes be contentious, difficult, perhaps even painful," the letter states. For this reason "mutual respect" is crucial. There must be a "commitment to learning from a wealth of histories and experiences—to more discussion, not less; to openness, not closure."

Despite having "a variety of opinions about requests for trigger warnings and safe spaces," these faculty members see a need to address "substantive ongoing issues of bias, intolerance, and trauma that affect [their] intellectual exchanges."

"We encourage the Class of 2020 to speak up loudly and fearlessly," the letter concludes with. "The right to speak up and to make demands is at the very heart of academic freedom and freedom of expression generally."

Like UChicago—or any other university—faculty at the University of Puget Sound have a variety of opinions on trigger warnings.

Denise Despres, professor in the English, Humanities and Honors departments, is "not a great advocate of trigger warnings."

"They may inhibit intellectual discourse," she said, "which is precisely what

universities need to protect."

Despres does, however, believe that the "community of the classroom needs to be 'safe' in terms of civility, understanding and sensitivity...where students can explore in order to defuse fears and anxieties."

Heather White, visiting assistant professor in Religion and Queer studies, uses "content notes" rather than trigger warnings, to "signal various kinds of information that students might find deeply troubling" on syllabi or Moodle.

Labelling subject material as triggering "creates the assumption that it is triggering," White said. "Labels can reinforce an association or a narrative that connects the material to trauma and victimization."

"My aim in providing [content notes] is not to shut down discussion but to give students the tools to take care of themselves and reflect on where they are, so that they can be more present and more attentive in those classes," White said.

History professor William Breitenbach "is not opposed to trigger warnings." "I think of them as providing useful information, similar to motion picture ratings," he said.

That being said, Breitenbach does not "offer to change the course[s]" he teaches, despite including potentially triggering subject material. He feels that trigger warnings in his classes serve as "an early warning" for students so that they can plan accordingly.

These professors, despite differing opinions on trigger warnings in academia, all advocate for a respectful classroom setting. In a classroom, all students should be able to "bring to [their] intellectual endeavors the experiences [they] have had," said Despres. "The challenge," she said, "is making them teachable."

In recent years, trigger warnings have been heavily debated in academia, and Puget Sound faculty members are involved in the conversation.

Investment Club receives \$100,000 donation

By Aidan Regan

Puget Sound's Investment Club has been gaining interest, and not just financially.

This year, membership in the Investment Club has increased. The club presents students with a unique opportunity to gain hands-on investing experience, making finance less daunting.

"It's such a broad topic," club president Christopher Bueno said. "[The club] offers people a foot in the door."

Investment Club teaches students about stocks and how the market works in several ways. "We...get everyone on the same level. It's starting from the ground up," Bueno said.

Members meet to discuss world events and how they will reflect on the market. They also take full advantage of the internet as a resource. Members learn new terms with the website "Investopedia" and use online stock simulations.

The simulations let members track stocks in real time without putting their money on the line. It gives members real experience with none of the risk.

But the investment club does the real thing as well. In fact, they just received a \$100,000 donation to invest, beginning the year with half of it. They will receive the other two \$25,000 increments over the next two fall semesters.

The Investment Club's portfolio invests money from the university's endowment. The money they make through those investments goes back to students in the form of financial aid. Club members get real experience while simultaneously helping their peers and the University itself.

To take part in the real investment decisions, club

members go through a rite of passage. Each one earns the right to vote on those decisions by presenting on a stock they want the club to invest in. Presentations generally include pros and cons of the stock as well as its history.

The presentations help the club explore specific stocks in depth before buying. "There are things that sometimes the markets won't reflect," Bueno said. "using these presentations offer that extra perspective."

He recalled a petroleum transfer company that looked good on paper until a presentation revealed its environmentally destructive business practices.

The club has no guidelines for which investments are off-limits. However, Bueno is confident that member

participation will reflect the values of the campus community.

If a presentation convinces the club's investment board, faculty advisors approve the stock. They then buy it through the investment firm Perella Weinberg Partners.

Last year, the club liquidated all investments. This means the club's portfolio is a blank slate, ready for members to diversify it.

In the past these have included companies like The Home Depot and Johnson & Johnson.

Bueno is excited that the club has more student interest this year. "That helps generate a better environment for learning, especially with finance not being the most colorful topic," he said.

"I think it'll continue to grow," he continued.

"As the club progresses, people have a higher level of understanding and the club will benefit from that." As members learn, the club grows, in turn providing even more learning opportunities. In this way, members' experience accrues interest as well. It's a mutually-beneficial feedback loop."

The club meets every Tuesday at 8:00 p.m. in McIntyre 202.



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The year of the insult

By Morey Lipsett

This election has been one of the most vitriolic in recent memory. From Donald Trump calling his opponent “a nasty woman” to Hillary Clinton claiming half of Trump’s supporters are in a “basket of deplorables,” we haven’t seen mudslinging at this level for a very long time.

Many of us (myself included) are counting the days until Nov. 8, but election day won’t solve the deep divisions that have been created and exposed in the last year and a half.

Countries are like families, and as we all know, you can’t choose your family. As much as I might wish that a Clinton victory would make Trump supporters disappear, it simply won’t. There is a tendency to interpret elections as battle in the culture wars.

Many Clinton supporters will interpret a Clinton victory as the final battle in the war against sexism and misogyny, yet the sexists and misogynists in the Trump camp won’t disappear. Similarly, Trump supporters hope his victory will be a nail in the coffin of liberal elitism, but that won’t disappear either.

After this election, the issues that divide this nation will not go away. We can continue to shout and yell at each other or we can try to move forward.

That is not to say that these debates aren’t important or shouldn’t be held, but we can have them without the name calling or bitterness.

It is easy for us here on the left coast to dismiss those who hold socially conservative views as relics of the past. Many of us were not offended or concerned by Clinton’s “basket of deplorables” comments, but it is precisely this rhetoric of dismissal from what is seen as the liberal elite that drives people to vote for someone like Donald Trump.

Our political opponents are just as American as we are and no matter how “deplorable” we might find them, we still have to live with them.

We can continue to shout and yell at each other or we can try to move forward.

On Nov. 9th, our nation must begin a process of healing and reconciliation. Our nation is fracturing and we need to do something to stop it.



PHOTO COURTESY OF GAGE SKIDMORE

“Such a nasty woman.”
- Donald Trump
at the presidential debate on Oct. 19.

“Hillary Clinton is a bigot.”
- Donald Trump
at a rally in Jackson, MS on Aug. 24.

“...you could put half of Trump’s supporters into what I call the basket of deplorables.”

- Hillary Clinton
at the LGBT for Hillary Gala on Sept. 9.



PHOTO COURTESY OF GAGE SKIDMORE

Register for Introduction to Journalism STAF 101-A

Learn about the basics of reporting, writing and media literacy in this new activity course offered by Kari Plog, a former reporter and current media advisor. Aspiring journalists and members of student media outlets are strongly encouraged to register, but anyone is welcome. Offered Tuesdays from 6-7 p.m., spring semester.

The Happy Trail is The Trail’s weekly sex column that seeks to inform the community on issues related to sexuality and gender by addressing these topics in an education-based way. Our mission is to make the campus a safer place by normalizing and demystifying topics like safer sex practices, sexualities, kinks and polyamory, while shedding light on topics like trans rights, sexual and domestic violence, gender inequalities and intersectionality. Happy Trail correspondents are not medical professionals; if you have a medical concern contact CHWS or a local clinic. Otherwise, direct your sexuality and gender questions to trailbeyyou@pugetsound.edu. Respond to Happy Trail articles in the form of a letter to the editor sent to trail@pugetsound.edu.

Commodifying feminism

How empowerment turns into profit

By Nayla Lee

The idea that companies will commodify social trends is not new. Businesses have capitalized on whatever hot new style they think will increase their bottom line since before the microwaves were the latest home appliance. Few, if any, cultures or movements have resisted appropriation or co-optation, especially ones with loyal bases. While this article focuses on feminism as a source of commercialization, its arguments can be applied much more broadly.

I took to the Internet to satisfy my curiosity about sustainable patronage mixed with my discomfort with many ads that seem to superficially tout feminist values. There, I found many words that described this phenomenon, such as “marketplace feminism,” “commodity feminism” and “brand-name feminism.”

Inspired by the Bechdel test, Holly Buchanan developed the Buchanan test to spot ads that stereotype women; to “pass,” the ad must feature a woman who is not a mother, not in the home, and not doing yoga.

Andi Ziegler’s *We Were Feminists Once: From Riot Grrrl to CoverGirl* begins with a description of a poignant

indicator of this commodification: 1974’s Equal Credit Opportunity Act, which prohibits banks from denying someone a credit card based on their race, color, religion, national origin, sex or, significantly, marital status. This specification was necessary due to the fact that many women could not obtain cards without a male cosignatory, usually her father or husband.

Ziegler goes on to describe the way this access to credit was targeted by banking company First USA’s 1998 ad, which reminded women that, 100 years prior, they weren’t allowed to vote. In the same breath, the ad urged customers to think about the “strength and conviction of the courageous suffragettes whenever [they] use [their] First USA Anniversary Series Platinum Card” by applying for their product immediately. This incidence demonstrates a growing pattern that links independence and empowerment with the ability to buy, consume and become a contributor to the capitalist structures that left them behind in the first place.

No brand wants to be associated with these harsh realities, however. Even in business where children are exploited

for labor, and planned obsolescence (designing products that require constant replacement and therefore create heaps of waste) is ubiquitous, companies realize that they can benefit financially by seeming hip to whatever is currently firing up their key demographics. Current topics include sustainability and equality.

Using buzzwords in advertisements is much cheaper than actually incorporating their values into a company’s culture. However, doing so can depoliticize and trivialize many of feminism’s more radical roots.

I want to spend my limited dollars supporting companies that uplift women, welcome diverse representation, and make ethical and fair choices in their business practices. But is doing so painting a fresh target on my back? Am I turning myself into an opportunity for marketers to seek?

Another part of me is reluctant to criticise any steps forward. I worry that I’m shaming people who feel empowered by these ads. A voice in the back of my mind whispers, “You should be happy that feminism has finally pushed its way into the mainstream.” But manipulating women into buying

products isn’t feminism, no matter how it’s spun. (Some companies do actually hire disadvantaged women or give part of their profits to help women in need, so it’s always good to check.)

I don’t have all of the answers. I haven’t come up with a hard-and-fast rule about what I do and do not buy, but my basic standard is this: does this slogan/brand/item instantly make me picture a board room full of old white men trying to formulate a product that will manipulate me into forking over the contents of my wallet? If so, I can usually afford to avoid it.



Understanding emotional eating

By Emma Holmes

Welcome to (post) midterms season, where the only acceptable break from studying seems to be beating yourself up for not studying more. In times of high stress, business or general turmoil, we often turn to simple pleasures for motivation and trade mindfulness for immediate gratification. One such vice that surfaces for many people is compulsive and emotional eating. While meals can be an enjoyable way to complement relaxation and socialization, it’s important to understand when food may be more than that.

Emotional eating is the use of food to appease, avoid or suppress uncomfortable emotions such as sadness, anger, or loneliness. It’s not triggered by biological hunger, but rather by an associative desire for affection, comfort or understanding. Oftentimes, the food is correlated to the emotional void, such as chocolate to soothe sexual need, cool ice cream to numb rejection or salty chips for tough love.

Food is interwoven into our social experience since our first birthday cake, and is reinforced with every Thanksgiving dinner, neighborhood potluck, and reunion brunch. This is not inherently a negative thing. Enjoying the fuel your body needs is one of the joys of life, but the obsession that’s been cultivated around the quality and quantity of consumption confounds this basic act.

It’s no surprise that in a culture which deems sugars, carbohydrates, and fats as lesser

nutrients, that we turn to “novelty” foods more often than others. We crave ‘treats’ such as cookies and fries because we deem ourselves unworthy or uncontrollable around them- a message that undermines your natural hunger cues and spurs a vicious cycle of guilt and shame.

So, as you pull your chemistry book out of a damp backpack and settle into a long solo night of studying, ask yourself why you suddenly want to drop everything for a piece of chocolate cake. Is your body nudging you for the sugar and fat it needs to function and focus, or are you feeling alone and overwhelmed?

If it’s the first, then I absolutely believe you should get that cake. If the second resonates with you, if you aren’t physiologically hungry, then allow yourself a few moments to feel your emotions. It may seem like a nuisance at the time, but a good cry will leave you more grounded and aware than any amount of food ever could. Note: it’s perfectly acceptable to eat chocolate cake *and* to cry. The key here is embracing your sadness, with or without food.

I am not saying to eat less when you’re stressed. I am suggesting you eat when you’re hungry and stop when you’re full. Ask yourself if that cookie is more friend than meal, and then turn towards the discomfort you’re avoiding. It takes an immeasurable amount of food to cure sadness. Feel your feelings, let them come and go, and get back to the beauty and the books.



PHOTOS COURTESY OF NATALIE SCOGGINS

Fact check: Feminist brands

Companies may brand themselves as feminist, but how do they measure up? Here are a few of the top “feminist clothing” websites and a brief analysis of their practices.

WICKED CLOTHES

wickedclothes.com

Shirts with phrases like “A woman’s place is in the house and the senate” and “Feminism is the radical notion that women are people,” might lead one to assume that Wicked Clothes supports feminism; however, they have nothing on their website about any sort of donations, support, etc. Their designs are printed on American Apparel shirts, a company which is notorious for sexist and hypersexual ads.

FEMINIST APPAREL

feministapparel.com

While Feminist Apparel doesn’t necessarily give donations, they do print on GILDAN t-shirts that are Worldwide Responsible Apparel Production certified and adhere to the Fair Labor Association guidelines. Shirt designs are submitted by feminist artists, who are paid on commission when other people purchase items with their designs. However, their CEO is a white, cisgender man who, according to in interview with Buzzfeed, did not even know about feminism until 2012 or so.

HUMAN

lookhuman.com

HUMAN has a “feminista” fashion section, but they provide very little information about what they stand for other than trendiness and self-expression. They do not give a brand for their shirts, but they are “Printed in the USA.” Some of their “feminist” shirts feature foreign-language puns and AAVE, so it’s likely that they’re more into seeming cool than supporting women.

FEMININITEES

femininitees.com

Femininitees was started by two women as a small Etsy shop and has since grown. A portion of their profits is donated to the National Organization for Women. They are very focused on “Free the Nipple” and other stereotypically white feminist movements, but they do have a shirt with brown nipples on it, so who knows? In buying from them you would be supporting those women and also anyone who the NOW supports, so this one at least goes that far.

The color post: a century of tradition

By Madeline Brown

The Color Post is an alluring symbol of Puget Sound history that represents both the beginning as well as closure of every student's journey at Puget Sound.

The original Color Post was founded and erected by the 1921 class of Puget Sound during their first year on the old campus located on 6th and Sprague, according to a 1986 Trail article. The idea for a symbol that represented the principles of the university was inspired by Dr. Edward H. Todd, the President of Puget Sound at the time. President Todd desired to have a unique figure that Puget Sound could be known by, according to a 1925 Trail article titled "Color Post as Significant Tradition."

"The Post signifies the cooperative relationship among alumni, students, faculty, and staff," Marta Cady, Assistant Dean of Students and Director of Student Activities, said.

The four sides of the Color Post are painted in different colors. The 125th anniversary edition of Arches – Puget Sound's alumni magazine – wrote: "The sides were painted in colors representing categories of study: purple for law and government, red for religion, yellow for science and white for liberal arts. The four sides also represent the four years of college and list class years." Each color on the Post and their metaphorical meanings represent the core values of maintaining liberal arts education.

The Color Post hosts two ceremonies each year: one to welcome the first years entering the college at the Matriculation Ceremony, and the other to graduate the senior class to alumni status at the graduation ceremony, according to Arches.

"We use [the Color Post] at the Matriculation Ceremony during Orientation to place the class Registry, and then all new students walk around the Color Post to sign the registry. Four years later or whenever you graduate, the graduating seniors assemble in this area to then process to Baker Stadium for their actual graduation ceremony. We like to make sure we 'bookend' the college experience with the Color Post being the symbolic image of that journey," Cady explained.

Each class is assigned to their own side of the Color Post,

rotating as each year passes. The side that the graduating senior class is on is the side that the incoming first years will be inscribed onto once they undergo commencement the next fall. The purpose of this rotation is to connect each class featured on their side of the post and provide each student with a sense of belonging to all alumni.

"The classes of the past form a group among the alumni. Each quadrant is responsible for planning class reunions

Central Board protested the post in 1961, arguing that the tradition wasn't as relevant as it had once been. The Board proposed to remove the concrete post in the quadrangle and instead have a portable color post, believing that the portable rendition would revive the significance of the Color Post's traditions, as stated in a 1961 Trail article.

The original Color Post, an obelisk cut out of a fir tree trunk, was replaced multiple times throughout the century. These replacements weren't just due to natural wear and

weathering, but largely due to vandalism by Puget Sound's rival school, Pacific Lutheran University (PLU) that occurred continuously throughout the century. As written in Thompson Histories by Franklin Thompson, "The rivalry between the two schools was exceedingly keen. Pacific Lutheran students stole the Color Post, damaged it immeasurably, and we replaced it on three different occasions. After we had replaced the original one that was stolen... they came over and sawed it off and took it away again." The university eventually made a concrete version of the Post in hopes that it would be less subjective to the vandalism by the PLU students. This wasn't the case, as the rivals continued to paint, put acid on, and deface the concrete post. PLU students even went as far as chaining it to a car and dragging it out of the ground.

The Post on campus today is one of the replacements installed in order to continue

the tradition. The current standing post was donated by the senior class of 1986 and is located in the G.E. Karlen Quadrangle.

The root of the Color Post is engraved into the Post for all to read, as Cady shared, "At the base of this monument is a motto inscribed by the classes of 1936 and 1986, whose gifts made this modern reconstruction of the original post possible. The motto reads: 'Reality follows where idealism leads.'"

On Friday, Oct. 21, The Color Post was one of a number of campus locations subject to vandalism. *The Trail* will be investigating the vandalism and covering it in a forthcoming article.



PHOTO CREDIT: GABE NEWMAN

for their respective quadrants" said the 1933 article from The Trail. Reunions are an encouraged aspect of the Color Post, one that would further help connect Puget Sound alumni new and old through their lives.

Connecting students with alumni early on was a main objective of the Color Post. Tradition holders of the Post desired for students to be interested and aware of the Alumni Association before they were actually alumni to further build the community envisioned by the founders of the Color Post.

In 1961, the Color Post tradition was nearly discontinued. As the history of the Post became less pronounced, the unanimous appreciation around it diminished. The

DCS jobs: a key part of campus

By Molly Wampler

Student employees of Dining and Conference Services (DCS) account for the majority of the on-campus food service workers at The Diner (often dubbed "the S.U.B." after the Student Union Building where it is housed), Diversions Cafe, Oppenheimer Cafe, Lillis Cafe, The Cellar, Catering and Purchasing.

"Our overall goal in hiring students is to give you guys real life experience; hopefully this is another facet of your experience here at the university," Paige Phillips, the Student Employment Coordinator for DCS, said.

DCS employs around 230 student workers each semester, most of whom work at The Diner, where more hands are needed. "The diner is huge, essentially like a mall food court. There is a huge kitchen in the back that takes a lot of prep and staff to manage the food that is being prepared," Phillips explained.

Because it is a school department, DCS prioritizes academics—a feature which sophomore and third-semester Diversions Cafe employee Emily Parlan appreciates in the workplace. "School always comes first. Leaving early to go to classes is totally accepted—encouraged—so you're not late because of work," Parlan said. This flexibility doesn't go unnoticed by any employees. Emma Sevier, a second semester worker at The Diner, agrees with Parlan. "I think one of the biggest advantages working at the S.U.B. is the ability to drop shifts or move things around; you can change your schedule if necessary," Sevier said.

As both an opportunity for students and to provide more structure to the establishments, the Cellar and Diversions Cafe employ student leads. These leads have more responsibilities, and increased hours. "Student leadership [acts] to essentially run a business with the support of Dining and Conference Services," Phillips explained. "The leadership dynamic is a great opportunity for student workers to be self-promoted self-starters, [and] encourages initiative and thinking on your feet," she continued.

Parlan notices the importance of the leads' presence at Diversions. "I feel like it makes it really easy to make problems aired; it's easy to pass it along up the ladder, because you see them and they're accessible... it's not like some person who is overseeing you that you never see. They are really present," Parlan said. Phillips agrees, describing the leads as "advocates" for the workplace staff.

The Diner and other departments hire full-time staff members to play this administrative role. Sevier works frequently with these staff at the Diner, and appreciates their presence. "[The Diner] is an awesome community; the full time staff are really great," she said.

As of this academic year, Diversions Cafe, too, hired a full-time staff member, Emily Smith. "We're finally at the point where we can have Emily in her coordinator role, where she can be there Monday through Friday to just provide some more consistent support—a backbone—to just help everyone get through their day," Phillips explained.

As great as these workplaces are for students, challenges do exist, specifically with regards to employee-customer confrontations like rule-breaking or upset customers that exist in any workplace like this. Phillips emphasizes the importance of making sure that, if needed, students know how to deal with problems at work, especially when the offender could potentially be a friend or professor. "When we have to have these [difficult] conversations, it can put students in a kind of 'we don't want to police each other' [situation]. Some people are super comfortable with that, some people are not," Phillips said. Parlan

notices, though, that students are usually more forgiving of the mistakes of other students, so seldom struggles with situations like these. "I think they all know we are students too," she said.

Both Parlan and Sevier have enjoyed their time working in DCS, and are enthusiastic to continue. "I really like the people that work there; it's a really nice community," Parlan explained, and Sevier agreed. "We feel like [working in DCS] is a great opportunity to be a well-rounded person. Customer service experience is super important," Phillips said.

Food service can be extremely fast-paced and stressful at times, especially compared to other on-campus jobs. When asked what her favorite Diner station is, Sevier had a quick response. "Latin," she said, "It's fun. I like working at stations that you get to interact with the people more."



PHOTO CREDIT: GABE NEWMAN

Dean Segawa: Beyond the office

By Charlotte Fron

Mike Segawa, the University of Puget Sound’s Dean of Students and Vice President, grew up in San Diego with his parents and three younger siblings, all of whom still live in California. Segawa graduated from the University of California, Irvine with a Political Science degree, then attended Colorado State University for his Masters of Education.

He has worked in residential life at several colleges, including Central State University, Missouri State University, University of Washington and Evergreen State College. Segawa and his wife currently live in Olympia, enjoying the sense of community there that is similar to the one Segawa found amongst Loggers at the University of Puget Sound.

Segawa created “Mike’s List” eight years ago to encourage first-years to explore opportunities the University offers. “I don’t care what you all chose to do, as long as it’s legal; it’s just that you do,” Segawa said. The items on the list encourage students to engage with other Loggers in the community and fully embrace what a liberal arts environment provides. First-year students who complete 20 (or more) of the 28 items on the checklist are treated to an off-campus lunch with Segawa. Since the list was created, about 16 students have accomplished the task.

The Trail sat down with Dean Segawa to learn a bit more about his daily life beyond Wheelock Student Center.

Charlotte: What is the coolest thing you’ve ever done?

Mike: Jumped out of an airplane. When I was in college—it was the epitome of peer-pressure—we went skydiving; it was great. Once the parachute is open, the ride down is just so peaceful.

Charlotte: What is your Diversions order?

Mike: I have to admit, I never go to Diversions. (laughs) I don’t drink coffee; I don’t drink tea.

Charlotte: What is your first memory?

Mike: My sister coming home from the hospital, when I was five. I remember sitting on the steps of our house with my grandmother and my two brothers when my mom and dad drove the family station wagon up with my sister with

them.

Charlotte: Who are your favorite artists?

Mike: The Beach Boys, The Beatles, Earth Wind and Fire.

Charlotte: What is your favorite hike?

Mike: Mount Rainier, short hikes out of the Paradise Area, especially in the springtime when the mountain flowers are starting to bloom and it’s not too cold and it’s not too hot.

Charlotte: What is your favorite thing to cook?

Mike: Barbecuing, all summer long; I do a really mean teriyaki flank steak.

Charlotte: What is your favorite baseball team?

Mike: The Seattle Mariners. Although, I grew up a San Diego Padres fan.

Charlotte: What is your current favorite Netflix show?

Mike: I don’t do Netflix. But, my favorite T.V. shows right now are “Scorpion” and “Madam Secretary.”

Charlotte: What did you do this past summer?

Mike: I went to London for ten days; it was the first time we had ever visited—we just loved [it]. We were going to visit our daughter who was in London last year for graduate school.

Charlotte: What is your biggest pet peeve?

Mike: Anonymity. I think social media is a great tool, but it just irritates me when people do it in an anonymous fashion, which means there’s no ability to engage constructively; there’s no ability to eventually do this face-to-face.

Charlotte: What was your first job?

Mike: Working at a hardware store.

Charlotte: What is your favorite fast food chain?

Mike: Locally, Ezell’s Fried Chicken in the Hilltop. True chain, Carl’s Jr.

Charlotte: What is your reaction if I were to give you free front-row tickets to a Beyonce concert?

Mike: I would definitely go. She’s an important part of our culture at this point.

Charlotte: Who was your childhood role model or hero?

Mike: Captain Kirk (laughs). He was just way cool.

Charlotte: What would you sing at a karaoke night?

Mike: “Centerfield” by John Fogerty.

Charlotte: Who would you want to be stranded on a deserted island with?

Mike: My wife. It’s really nice to be able to spend your life with somebody where you can just be you, and they can just be them.

Charlotte: If time travel were possible, where and when would you go?

Mike: The American Revolutionary War Period. I love history; that time-period always fascinates me.

Charlotte: Who is your favorite Marvel character?

Mike: Iron Man; I love the way that Robert Downey Jr. does that.

Charlotte: What is your favorite holiday?

Mike: Christmas. It was my mother’s favorite holiday, and that’s just been handed down.

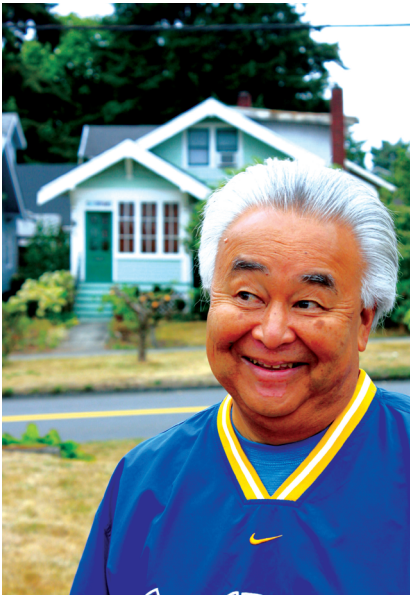
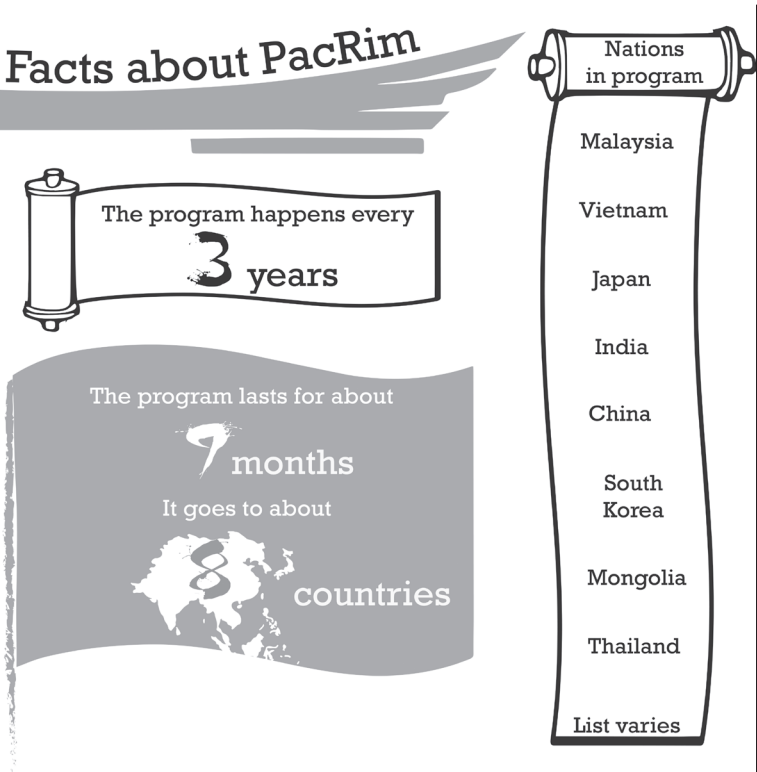


PHOTO CREDIT: JUSTIN LOYE

Pacific Rim Study Abroad Program to take place next fall

By Emma Brice



GRAPHIC BY GORDON ZHANG

Once every three years, a group of Puget Sound students have the opportunity to participate in the Pacific Rim (PacRim) study abroad program. This program is unlike any other study abroad program. It lasts for nine months and covers up to nine different nations in Asia. The next trip is scheduled to take place during the fall of 2017.

The program strives to allow students the opportunity to gain a larger understanding of Asian culture, politics, economics, and regional differences within Pacific Rim countries. PacRim has been a Puget Sound program since 1970, when the first group of 15 students attended.

“The PacRim program seemed special to me because it dedicates an entire nine months to studying abroad. While most programs are semester-based, I thought a program centered around an entire academic year would allow me to truly engage with life abroad. I also liked that we get the opportunity to visit so many different

countries during the year. I think it will allow me to better understand how diverse Asia is,” Gabrielle Kolb, a current Puget Sound sophomore and future PacRim student, said.

The amount of preparation that goes into the PacRim program is extensive, requiring students to explore specific courses and areas of study prior to the trip as well as help pick the medical and business staff members that will accompany the trip.

“We are required to take three Asian studies courses, excluding language. Additionally, we have group meetings every other week where we discuss the nitty gritty stuff and the intricacies of tourism. So far, we have focused on the inherent issues of travel from a social standpoint,” Walter Fromm, a Puget Sound sophomore and PacRim participant, said.

Fromm spoke about why he chose to do PacRim in particular, saying he had always been interested in studying abroad and that this was too great of an opportunity to pass up. According to him, the program itself drew him to

apply.

“When applications came around, I felt like I kinda had to apply for this insane opportunity. Once I got in, I had already decided that I had to do it,” Fromm said.

Another main objective of this unique study abroad experience is to create a strong sense of community with all of the Puget Sound participants considering the amount of time that will be spent traveling together.

Although this is a once-in-a-lifetime opportunity, the students have different qualities of the trip that they are most looking forward to.

“I am really excited to get out of my comfort zone and have the opportunity to use the world as my classroom,” Kolb said.

Kolb spoke about looking forward to explore another part of the world but at the same time having some uncertainty.

“I am nervous about independently exploring because I am terrible at navigating and directions. I am also nervous for what it will be like to come back to my regular life after such a big adventure,” Kolb said.

When Fromm spoke of what he is looking forward to most on the trip, his enthusiasm about experiencing another culture’s authenticity was clear.

“I’m real excited for the food. I love all food and couldn’t be more excited to have some of my favorite dishes in their countries of origin,” Fromm said.

Both students expressed an excitement for the different cultures they will be immersed in, but a nervousness for life after such a great adventure.

This will be the first time traveling to Asia for Fromm and Kolb, as well as for many of the other student participants. Although Fromm and Kolb are both sophomores, there are students traveling from all different grade levels. Even though the trip doesn’t embark until Fall of 2017, anticipation is buzzing around campus already.

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Five Inducted into Puget Sound Athletic Hall of Fame

By Gabi Marrese

"Tonight we are making history," Bill Baarsma '64 said, at the University of Puget Sound Athletic Hall of Fame induction ceremony.

On Friday Oct. 21, three former student-athletes and two former coaches were inducted into The University of Puget Sound Athletic Hall of Fame. This prestigious honor was established in 1966 to recognize extraordinary student-athletes, coaches, administrators and contributors. These inductees included: Andrea Boitano, women's cross country and track and field; Kristina Goos, women's basketball; Randy Hanson, head coach of women's soccer; and Jack McGee, head coach of baseball.

"Andrea Boitano was one of our wonderful positive-attitude distance gals. Just a great person to have on an athletic team, particularly a running team, where running is a tough sport to endure," Sam Ring, who introduced Boitano, said.

During Boitano's speech, she emphasized the importance of recognizing the people in her life that helped her achieve her success in running. This includes coaches, teammates, family and friends that supported her in her running journey. She started by admiring the plaques of the hall of fame as an athlete, to being part of the hall of fame.

"I was shocked and honored to be inducted. It means quite a bit because I spent some of my happiest years here at the University of Puget Sound around incredible people, athletes, teachers and coaches," Boitano said. Boitano's success included being a three-time Cross Country All-American and named to the Cross Country All-Academic team twice. Also, she was a three-time All-American in the 10,000 meter run and an two-time All-Academic as a track and field student-athlete. Finishing off her resume, Boitano placed 14th in the National Association of Intercollegiate Athletics (NAIA) Cross Country National Championships. "I don't consider this an award for me so much as a wonderful representation of this wonderful game, to my wonderful family and husband and to this wonderful institution that has given me so much life and opportunity," Goos said.

Goos set a record high 41 points against Central Washington University and 1,623 career points. Her career free-throw percentage is 85.5. \

"Her dad would give her a penny for every free throw she made. Even with today's prices I would bet she would be one of the best dressed kids around," Erin Dahlgren Snodgrass, who introduced Goos, said.

Goos was the Northwest Conference (NWC) Player of the Year and named the NAIA All-American Third team during the same year. "The great game of basketball taught me how to be a leader, to mentor, to be mentored and instilled in me self-confidence," said Goos.

Wanda Howlett is a four-time cross country All-American and the NAIA Women's Cross Country National

series was in 1975 under the leadership of head coach Jack McGee. Two of McGee's players were picked in the first round of the major league draft.

"One thing about Jack I will remember, he always advised his player to finish their college degrees before signing any professional baseball contracts," Bill Baarsma said. McGee was named the Topps Coach of the Year and had a career record of 342-152. Gary Thomsen accepted the award on McGee's behalf. He shared stories about his time playing for McGee.

"He [McGee] had three sort of philosophies: throw strikes, hit strikes and don't back down from anyone," Thomsen said.

Just like his philosophies stated, McGee not only took on division one opponents but outscored many such as the Washington Huskies.

During Randy Hanson's final season, the Loggers went undefeated and won the Northwest Conference title for the 14th consecutive year. His overall record was 303-74-36. "The impact of this man is immeasurable and stands far beyond our time as student athletes here at Puget Sound," Maya Mendoza-Exstrom, who introduced Hanson, said. Hanson also was a 12-time NWC Coach of the Year and three-time West Region Coach of the year. Students who had been coached by Hanson in his first and last year were present at the ceremony.

"He's got a record that hardly any coach anywhere can approach. He also seems to have a knack of picking up really good players, not just skillful but that will make a good team weld together," Ed Zeiger, Hanson's father-in-law, said.

Mendoza-Exstrom and Hanson both addressed key ideas that helped shape the soccer team: lessons ranging from knowing your role and true friendships on the field, to belief in the process and abilities.

"Coaching is changing the world through people. As a coach you have to live up to the words that you ask the player to do," Hanson said.

These inductees join the wall of past athletes and coaches that have made an impact here at the University of Puget Sound. Their journey doesn't stop here, because they will be an inspiration for current and future athletes here at Puget Sound.



PHOTO CREDIT: LOGGER ATHLETICS

Champion in 1989. She received the All-American honors in track and field for the marathon, 10,000 meter run and 5,000 meter run. She also won the Puget Sound's Alice Bond Award for Most Outstanding Female Athlete. Her athletic career at Puget Sound shaped her lifestyle and career as a high school counselor.

"I am still running, cycling, mountain biking, road biking and kayaking. I do multisport events more than anything now. I'm not fast but I can stay out there for a day," Howlett said.

Every weekend their family is either doing an activity such as rock climbing or cheering on her two sons in their school events.

The one and only time the University of Puget Sound baseball team made it to the college world

Lizier-Zmudzinski leading the pack in cross country

By Ally Benko

Geremia Lizier-Zmudzinski (Forest Grove, Oregon) is a junior at the University of Puget Sound. Lizier-Zmudzinski transferred from Georgetown University in Washington D.C. to the University of Puget Sound in the 2015-2016 school year. In that year he ran on Puget Sound's cross-country and track and field teams.

In the 2015 Northwest Conference, Lizier-Zmudzinski placed second overall in the Men's 8 Kilometer. More recently he placed 38 in 291 runners at the Sundodger Invitational on September 17 and then 21 of 91 runners in the Lewis and Clark Invitational on October 15. Lizier-Zmudzinski ran respective times of 25:30.60 and 26:36.00.

Ever since he was young, Lizier-Zmudzinski has enjoyed being active. He played multiple sports growing up, but always favored soccer. He has played soccer since he was five years old, continuing the sport in high school. In 2011 he started running competitively in track and field. The coach of his high school team noticed that he was a fast runner his freshman year. Lizier-Zmudzinski ran his first mile in Physical Education in five minutes and seven seconds.

"The high school coach came out to our P.E. class the next week and said that I should come out for track. So I went out for track and thought that it would be fun to have a change of pace from soccer," Lizier-Zmudzinski said.

Lizier-Zmudzinski ended up winning the school's division and went to the state championships that year. He did not do too well, but he liked how he had done so well overall.

"I had instant success, instant gratification and I loved it. So I started running that summer, training for cross-country and track," Lizier-Zmudzinski said.

Lizier-Zmudzinski has found even more success at the University. He is constantly placing as the top male runner for the cross-country team. But this year, he has been doing it with an injury to his right ankle and lower right leg. He says that injury isn't quite a strain but is not as drastic as a tear, instead lying somewhere in between.

He used the Oct. 15 meet as a time to just run, not

taking it as seriously so as to not further injure himself. His coach told him to use it as a "workout" instead of a race. Even with the injury, Lizier-Zmudzinski was able to do well, placing 21st out of 91 runners.

Lizier-Zmudzinski uses the cross-country season as a way to stay in shape and prepare for the track and field season, which he finds more fun due to the greater feeling of competitiveness. The cross-country season lasts from September to November, and then there are a few weeks until track and field starts in January.

There is never really a break, physically, because every day the runners have to make sure they stay with their time and get faster, not slower. So during the

summer and the breaks they can't just stop and relax, as some of the other sport players are able to do. "Every day you want to make yourself better," Lizier-Zmudzinski said.

Lizier-Zmudzinski emphasizes that running is not a skill sport, but an endurance sport. He believes that all runners have to do is work at it enough and they'll get faster. Lizier-Zmudzinski runs year-round.

The cross-country season is nearing its end, so Lizier-Zmudzinski is looking forward to the beginning of the track and field season. His next meet will be the Northwest Conference (NWC) Championships on Saturday, Oct. 29.



PHOTO CREDIT: LOGGER ATHLETICS

Sports Recaps

By Kevin White

WOMEN'S VOLLEYBALL

After defeating both Lewis and Clark 3-1 and Linfield 3-2, the women's volleyball team was unable to maintain its winning streak, losing to cross-town rivals Pacific Lutheran 3-2. The team won the first two sets, but ended up losing in five, with the final set about as close as it can get with a score of 15-13. Senior Rachel Garrison (Millbrae, California) had 32 digs, while senior Kristen Lane (Seattle, Washington) managed 15 kills. The team regained its winning ways on Friday, Oct. 21, winning in straight sets over Pacific (Oregon), led by 14 kills from junior Hannah Stinson (Portland, Oregon).

MEN'S FOOTBALL

The Puget Sound football team lost to George Fox, 44-10. The team was down only 3 at the half, but George Fox dominated the second half, scoring 31 unanswered points and holding the Loggers' usually high-flying offense scoreless for the rest of the game. Logger quarterbacks threw for 228 yards, and senior Jacob Wuesthoff (Newbury Park, California) led the team with 10 tackles. The team managed to rebound against Lewis and Clark, winning 39-28 behind quarterback senior Hans Fortune (Kenmore, Washington) tying the school record with 46 completions.

WOMEN'S SOCCER

The women's soccer team was unable to maintain their unbeaten streak, dropping their first conference game to Whitworth 1-0 in overtime. On the bright side, the team did beat both Lewis and Clark and Whitman. After a strong showing over homecoming weekend, with a 4-0 win over George Fox (led by a goal and an assist by senior Grayson Williams-Krebs (Lake Oswego, Oregon) and a tie with Pacific, the Loggers remain only 3 points behind Pacific Lutheran for first in the conference.

MEN'S SOCCER

The Puget Sound men's soccer team continued its successful season, with wins over Linfield and Willamette. Senior Josh Sonico (Cathedral City, California) scored the lone goal in the team's victory over Willamette on October 16. The team also handily defeated Linfield College 5-2 behind two goals from junior Cameron Lorek (Claremont, California). Over Homecoming Weekend, the team dropped both its games against Whitworth and Whitman, with Junior Zac Lokay (Boulder, Colorado) scoring the lone goal of the road trip in the team's 2-1 loss to Whitworth.

Women's soccer succeeding on and off field

By Emily Harman

Entering the second half of the 2016 season, the Puget Sound women's soccer team is working hard on and off the field. With a recent Homecoming win over George Fox University, the Loggers are gaining momentum and looking ahead to the postseason. The team hopes to see its 15th consecutive conference win.

Sophomore Jamie Lange (Lake Tapps, Washington) attributes the Loggers' success so far to a combination of factors. Skill level, team mentality, and a new set of coaches have all helped the Loggers to a 11-2-2 record.

"We have grown a lot as a team," Lange said. "We still have the same values and traditions but with new coaches and a really good group of freshmen. I think a lot of things changed for the bet-

ter, and we will only continue to grow."

While the team has racked up plenty of wins on the field, they also recently achieved recognition for their academics. The Loggers were honored with NCAA Academic Honors, with a team GPA of 3.33 for the 2015-16 year. Puget Sound was one of two teams in the Northwest Conference to receive the award, alongside Lewis & Clark College.

To the Loggers, the award is a reflection of the team's commitment to success as student athletes.

"Everyone is aware of our values and is really living them out, and having everybody on board there has been really cool to see," Lange said.

The team strives to be "humble yet hungry," she said. "You don't shout out your

success, you just try to do more. We are always hungry to be better," Lange said.

The Loggers will bring this mentality to their upcoming match against Pacific Lutheran University, arguably the most important game of the season. The Loggers are ranked #2 in the NWC to the Lutes' #1. The teams tied when they last played at the beginning of the month. Puget Sound outshot Pacific Lutheran University 16 to 12, but neither team was able to make a goal. "That game was so full of passion and energy, we were right there so many times and had a lot of opportunities to score," Lange said. "This time, I think we can use that energy and fuel to propel us to get the W." The Loggers take on PLU on Nov. 2 at 4 p.m.



PHOTO CREDIT: KEN AVIANANDA

Puget Sound Outdoors Thriving

By Will Keyse

Puget Sound Outdoors (PSO) hit the ground running this semester with backpacking trips, day hikes, kayak expeditions, outdoor climbing and mountain biking. PSO kicked off the season on Sept. 17 and 24 with back-to-back backpacking trips to Goat Rocks and Silver Lake, and followed up with a trip to 'Biketoberfest' on the Olympic peninsula for a day of trail riding and racing. The weekend of Oct. 1, trips went out to the Snoqualmie River for a beginning kayak trip and to the Ape Caves under Mt. St. Helen's for a subterranean day hike near the Oregon border. "Growing up in Phoenix, Arizona, I never really experienced outdoors as the Pacific Northwesterners do," first-year student Graham Byron said. "Hiking through the lush forests to get to the caves was awesome, and walking for over two miles underground was even cooler. When we all turned our lights off you could literally see absolutely nothing in front of you."

The following weekend of Oct. 9, juniors Matt Gilbert (Colorado Springs, Colorado) and Eric Stern (Boulder, Colorado) led their first PSO trip to climb at the Frenchman Coulee in Vantage, Washington.

"When we went climbing it was a beautiful sunny day and it was just awesome seeing everyone working hard at climbing and belaying and there was a smile on everyone's face," first-year student Summer Herout (Portland, Oregon), who went on the trip, said. "We did a face climb which was very challenging but fun, and we did a crack climb which was almost impossible but I loved watching everyone attempt it," Herout added.

Over fall break, PSO leaders had ambitions of leading Loggers on a multi-day backpacking expedition, but the dramatic weather forecasts continually set back the plans of the group.

"As the week drew on and the weather forecasts kept getting worse, our trip kept getting shortened," first-

year student Gaia Bostick (Oakland, California) said. "It was definitely a downer, but our leaders were super awesome about the whole situation and even had the whole group over to their house for dinner."

"I was pretty bummed to not be able to go backpacking, especially since the trail was supposed to be permit-only and exquisitely beautiful, but I still loved getting off cam-

pus and into nature," first-year student Emily Kauffman (Marblehead, Massachusetts) said. "We got to hike right by Mt. Rainier which is always a spectacular experience."

For information how to get outside and get involved with Puget Sound Outdoors, you can either subscribe to their weekly email list online or drop by the Expeditionary House located near the Wheelock Student Center at 1506 N. Alder St.



PHOTO CREDIT: MAKENNA CRAIG

Combat Zone is The Trail’s satire section.

The Combat Zone is intended to be a satirical work. The views and opinions expressed by the Combat Zone do not necessarily reflect those of The Puget Sound Trail, ASUPS, concerned parties or the University of Puget Sound. Please submit compliments or complaints in the form of letters to the editor.

Poll shows that Puget Sound Greek Life is “not like other schools”

By Pagliaccio

Recently, a Flail survey has found that a whopping 97% of Puget Sound Greek Life members think they are unlike other Greek Life members nationwide.

In order to get some context for these stunning numbers, we spoke to vice president of Eta Omicron Sigma Marsha McCleod. “I have so much respect and love for my sorority sisters and all that they do. But really, I’m not like most sorority girls. The campus culture here is so different. I am so glad to be a part of it, though. The girls are so amazing. But they’re not like, you know, most sorority girls.”

The results of the study are rather unprecedented, as there are six active chapters of Greek groups on campus, full and bustling with members.

Cheryl Yelm explains her reservations with nationwide sororities: “Most people think of sorority girls as vapid and insecure. I’m not like them! I’m much better than the average sorority girl.”

Junior Greg Thornton had to distance himself from some of his Lambda Omega brothers. “I admire

and stay true to all of the tenets of Lambda. Honesty, Integrity, Brotherhood. Except I disagree with their weak response to the misconduct at some of the chapters, especially at CFU, UBD, and Clifton. The members at those chapters are not representative of the fraternity’s strong morals.” Pressed as to further explain this apparent contradiction of his support of his fraternity, Thornton just said, “I’m sorry.”

The new members enjoyed a welcoming reception into their new group. They solidified their new bonds with group activities like getting-to-know-you games and talking about how unlike other sororities they are. Pi Zeta Activities Chair Maria Martinelli says that “we created a Venn Diagram for the differences between the Puget Sound chapter and the national chapter. We could only find that we’re all in a sorority named Phi Zeta! We are just unbelievably different from those *other* sorority girls, who you are, you know... LOL. Anyway, this is my home away from home! I couldn’t imagine college

without Pi Zeta.” Upon being pressed for the definition of a sorority girl and why she wants to distance herself from them, she answered, “I’m not a sorority girl. I’m a sorority woman.”

Cecily Wilde, when asked how she enjoyed living in a Greek house, burst out with an explanation. “I know what you’re thinking. Me, in a sorority? Well, I’m not like those vapid party princesses elsewhere. I am a part of my sorority because of the strong, caring women I know here at Puget Sound.”

The Philanthropy Coordinator at Zeta Eta Tau, Derek Eckers, weighs in on the topic. “You may assume that all guys in fraternities are party bros who never care about academics. Well, not me. I take pride in associating in such an illustrious organization and I love talking it up to new students. Seriously, I’m so proud. I’m not even joking. We are so amazing and I am not afraid to say it. I could say it all day, that’s how proud I am. I love my fraternity. I love my fraternity.” His eyes glazed over as he repeated himself.

Izzy Steer actually led some of the institutional change within Omega Omicron last year. “I will admit that Greek life enforces the gender binary. I totally disagree with the formal statements the National Chair of Omega Omicron released last year. But otherwise I absolutely love my brotherhood and the group of like-minded people.”

Upon asking Laura Williams about the culture of sorority life, she responded that “We are so different at Puget Sound. But I am so glad to be connected to a nationwide group of girls who are on the same wavelength as me! I now have the comfort of knowing that when I travel anywhere across the country, I can be surrounded by my sisters, except, you know, the ones who belong to chapters whose values we don’t agree with.”

A popular Greek Week T-shirt for Zeta Eta Tau reads “I would not have considered rushing at any other school. But I totally love the community here, it’s just so wonderful. Go Zeta!”



Denial is an effective form of problem-solving

Anna Graham

An exciting new trend is on the rise this election season, backed by a considerable body of prominent public figures. It seems that, despite predictions to the contrary, we are finally receiving clear confirmation of what many of us have already assumed: that denial is an effective form of problem-solving.

This trend was first brought to the forefront of public debate when Donald J. Trump revealed denial as his primary tactic for dealing with climate change. After all, since an overwhelming majority of climate scientists agree that man-made climate change is not only legitimate but extremely alarming, it seems strange that Trump, along with a considerable batch of politicians, are still refusing to acknowledge its existence.

Ronald E. Norton, a professor and key theorist at the College of University, argues that Trump and others are merely demonstrating one of the most effective forms of problem-solving to date.

“You see, reality is only as real as we are able to perceive

it. It’s like the age old question: if a tree falls in the forest, and no one is around to hear it, did it make a sound? If something happens, but no one believes it, then did it really happen? My answer is no. If we choose to not believe something, then we alter our perception and therefore reality,” Norton said.

Thus, by pretending not to see a problem, we can actually make it go away. This should come as a great relief to many mainstream Republicans, who have recently had to contend with a candidate who seems determined to self-sabotage amongst claims that he respects women, that he opposed the war in Iraq, and that Ted Cruz stole the Iowa caucuses from him.

When asked why he still supported Trump, an anonymous Republican senator replied that “He can’t be that bad, because I have to vote for him.”

Many other prominent politicians seem to be handling Trump much as children are often advised to handle a playground bully—ignore him until he goes away.

According to Norton, Donald Trump himself is one of the most admirable role models for the “duck and vehemently deny it ever happened” plan of action. Thus, Trump can accomplish feats that few others would be able to pull off, such as looking at one of his own tweets and declaring that he “never said that.”

But perhaps Trump is not as much of an anomaly as he might seem. Across the world, there are people who believe, in the face of all evidence to the contrary, that the Holocaust, 9/11, evolution and the moon landing never happened.

“The truth is,” Norton said, “that reality is extremely subjective. We can decide for ourselves whether something happened or not by simply choosing whether or not to believe in its existence. And as much as we may try to deny it, the only reality that we will ever experience is the one inside our own heads.”

University theater alumni find their place

By Georgia Diamond Gustavson

It's rare to find yourself in the middle of an art colony in Woodstock, NY, standing just a few feet away from actors trying to find the meaning of life through sacred geometry while munching an ice cream sandwich that an actor gave you mid-show. And yet, this is just what happened to audience members in ARTBARN's 2015 production of "The Circle." ARTBARN and all of their immersive theater projects are "heart projects" of University of Puget Sound alumna and professor Jess Smith, who is the company's co-artistic director, and four other team members—two of whom also graduated from Puget Sound. "I was just finding the traditional, regional theater model of making theater in a four week rehearsal process where you're in a weird studio rehearsal space, and you move into a theater in the last week, and it's all magically supposed to work, to be soul crushing. I found it to be...a series of obstacles for creativity," Smith said.

Having lived in New York for a few years and grown up in Vermont, Smith had grown tired of the theater format she had seen there over and over, and was also craving a space for escape. She found that, with a team, she could make that space anything she wanted it to be.

Founded in 2012, ARTBARN has put on one large-scale, site-specific production every summer, in locations on both sides of the country; each production has a different location. This past summer, their

production "We Remain Prepared" was inside the Georgetown Steam Plant in Seattle, with actors and audience members alike weaving in and out of rooms, among giant rusting turbines.

"We were excited to work with a space that was really different from anything we had worked with before, and that was as big as our imaginations felt," Smith said. The history of the space, and the story of its path to obsolescence, hit the company members to the core.

The power plant's last two decades were dragged out; the workers were pared down to just four plant employees, who had the duty of keeping up its maintenance just in case the city needed it as a backup power source. The city never did. That part of the story inspired an entire production about three employees in a similar situation, and what they did to find meaning in their lives dedicated to meaningless work.

"With site-specific theatre, you have the ability for an audience to walk into the room and you are literally in the world of the characters. [In The Circle], all the characters had a bedroom that audience members could walk into and interact with the set themselves. It's a much more immersive way of experiencing theater," Zoe Levine Sporer, University alumna (2015) and ARTBARN intern, said. Audience members could also wander where they wanted to, onto different parts of the story, making the show their own unique experience.

This immersiveness, closeness and

freedom is reflected in the way that ARTBARN produces their shows, with all of the team members living, eating and working together for long days for a short two weeks. The level of bonding, collaboration and team intimacy is very high. Jess and her team members felt free to do their work in this unique way, in part due to the independence they were able to let flourish during their time at Puget Sound.

"[At the University] I felt like I could practice my activism, my initiation, my ability to make something out of nothing and to pursue personal interests...I see UPS alumni really being proactive in not waiting for someone to ask them to do something when they are compelled to do it. As an artist specifically, I think it's incredibly beneficial to have that internal motor... I think the best thing the campus does is allow you to practice that in a safe environment, to get you one step closer to being able to do it with less support," Smith said.

Another aspect that Smith reveres about her experiences here is how the diversity of a liberal arts education brings together diverse, open, driven minds. People will bring in knowledge from their biology classes or politics classes into theater spaces. A double major in Theatre Arts and Psychology during her undergraduate career, Smith noticed how her psychology knowledge helps her better understand how to make her work affect her audience and how to work with actors, and how

her music minor gives her certain artistic sensibilities.

Alex Peterson, alumna and former ARTBARN developmental director and producer, also feels that her time at the University shaped her confidence later into her career. It was when she was free to take communications classes that she found a career path towards working for the Media Education Foundation. With this job, she takes pop culture as seriously as she could in her theater classes, and is able to bring in the holistic view she gained from her time here. She and Sporer also acknowledged the importance of discovering what you do not like as much as you do like, and the empathy for other roles that their education created. Other alumni, such as Ben Shelton, who makes a variety of films and does work for Rainn Wilson's SoulPancake, or Holly Coombs, who was stage managing for Aladdin on Broadway by age 30, are using their confidence to make the art world their own.

"The opportunities that UPS has are rare, special and privileged. Students can make their community and their campus experience what they want it to be, so if they see a hole, and there are many, you have the support to address those concerns," Smith said. That confident mindset is part of why University alumni can have such success.

Continuing life in the arts

By Courtney Seyl

Graduation can seem like a scary time, something that is far away. When that time finally comes, will students be prepared to fight for their passions? Alumni respond with their experiences and advice for current students.

"Be relentless with your passion, and continue it, and pursue it tirelessly." This is the advice from 2015 Theatre Arts and English alum Cassie Fastabend.

After a year and a half of expanding her acting repertoire, she is now attending graduate school, pursuing an MFA in acting. Alumni are a source of knowledge and advice when it comes to pursuing a life in the arts, and being able to talk to and hear what they have achieved can make graduating seem a little less daunting.

Fastabend has worked for the past year and a half on seven shows both full-length and short, taken classes, taught classes, and even started her own company: "I founded a theatre company with Maddie Faigel called Serf Theatre. We founded a playwrights group that included playwrights between [Tacoma], Lacey and Seattle. We did the playwrights workshop which met once a month and had these playwrights of different ages, experience levels, and put them in the room together and had them workshop each other's material."

Being able to foster an environment of learning and artistic creation was important to Fastabend, both for other artists and for herself. "My goal has been to do as many [projects] as possible because I'm really trying to expand, to get ready to go into another program. In order to do that, I want to show that I've done a lot of work outside of college," Fastabend said.

Michelle Leatherby, a 2016 Communications alum, is currently working as the Marketing Manager for Porchlight Music Theatre in Chicago.

She expressed that even though she isn't making as much as others she knows in marketing, she feels that she is doing something she loves. "Sometimes you compromise when you go into the arts. Our theatre is a nonprofit, so my position doesn't come with a 401K and health insurance and a fridge stocked with La Croix like some of my friends who are working for, like, a large ad agency downtown, but I do get to see a lot of free theatre and meet artists, and that's really wonderful."

Leatherby describes her experience at Puget Sound, saying it "was super formative in a lot of ways. A liberal arts education provides you with the opportunity to be a really well-rounded person." She cites "working for *The Trail* and leading a sketch group and doing theatre things" as stepping stones to what she does now in Chicago with both her personal projects and her professional ones.

Advice can be difficult to give sometimes, but Leatherby encapsulates the necessity of embracing fear: "My advice is to apply to jobs that you want, even if you're afraid you're not there yet. I was a little intimidated by the title I currently have, but passion goes a long way in interviews."

Andrea Eaton graduated in 2015 as a Studio Art major with a Business Minor. Since graduating, Eaton has been able to showcase not only her own work, but those of artists around her as well. "I got to work with my roommate Jordan Moeller and a couple other friends on a Salon where we showcased our friends' talent—

whether that be through theatre, music, comedy, etc. The Salon is something we hope to continue in the future because we are constantly meeting new smart and creative people."

Providing spaces for others to thrive is a common theme among alumni that could stem from the inclusiveness they felt during their time at the University. Eaton said about her experience, "I think because I got the liberal arts experience and I was able to study anything I want essentially helped me as an artist. It helps me understand how others interact with my art, how art fits in this world and my community, and how I can communicate with other communities. I was also able to make a lot of connections in the artists' community."

Fastabend had a similar experience at the University, saying, "Puget Sound is very welcoming. It's very inclusive. It's not competitive." However, she went

on to add, "The world is hard. And I think I struggled to continue to keep my experiences at UPS valid within myself because other people didn't consider them to be valid... It doesn't matter what another person thinks of it or what another person considers it to be because I know because I was there and I worked and I learned and that still happened and that matters."

Experiences at Puget Sound do matter, which is something that alumni have stressed time and time again, but it is also helpful to gain experience outside of campus as well, something that Eaton says was important for her: "I think that making sure you put yourself out there and take as many opportunities that you can is really important. Don't get too caught up in what you left behind at UPS; it will always be there for you to come back to when you need it!"



PHOTO COURTESY OF MICHELLE LEATHERBY

Faculty: past and present at Kittredge

By Parker Barry



PHOTO COURTESY / JUSTIN LOYE

The Kittredge Gallery is showcasing the “Past and Present Faculty” art exhibit until Nov. 5. This exhibit allows for current and past faculty to show the Puget Sound community and local art lovers their talent and expertise. The Kittredge Gallery is open Monday through Friday from 10 a.m. to 5 p.m. and on Saturdays from 12 p.m. to 5 p.m.

The exhibit highlights 75 years of the University

of Puget Sound art department’s teachings and works. The showcase represents the changes that have taken place in the art department and the progression of the recently-added art history curriculum.

The exhibit offers students the unique chance to see their own professors’ work as artists. It isn’t often that students get to observe their professors’ creations, so this is an exciting exhibit for the community.

“It’s interesting to see both past and present faculty as they evolve throughout their careers,” Kendall Vinyard, a junior at the University of Puget Sound, said. “A variety of people come in and poke around—a lot of previous students come in and ask if their favorite professors are featured in the [“Past and Present Faculty”] exhibit.”

You don’t have to be an art major to appreciate this awesome opportunity—you just have to show up at the Kittredge Gallery with a craving for the creative

and inspiring.

“Just go! The only thing you need to do is walk right on in. You do not have to have any prerequisite knowledge on art to be able to look at something in front of you and feel something. So go check it out,” Sophia Munic, a sophomore art major at the University, said. “Go learn about a different part of campus, remind yourself that there are some really cool artists on campus. Go to a quiet place and slow down for a minute.”

This exhibit shows students the actual skills that professors at University of Puget Sound have. The pieces in the exhibit range from still life oil paintings to abstract sculptures to blown-up scrolls of Chinese calligraphy. Seeing faculty’s work gives students a feeling of inspiration and a reason to keep pursuing their passion in the arts, according to Munic.

“I have more faith in the art program here when looking at the exhibit. There is a lot of amazing work there—especially looking at the current professors, it sort of reminds me to trust the process of their teaching,” Munic said.

This exhibit allows students and locals to enjoy beautiful and creative art for free. Puget Sound faculty have worked hard for the community to mold students into enlightened and skilled adults. Visiting Kittredge Gallery’s “Past and Present Faculty” exhibit is another way to show appreciation for these talented educators.

Balance and collaboration in producing *Twelfth Night*

By Anya Otterson

“There are moments in your life when you have to speak your heart, even if you know it won’t work out,” Theatre Professor and Director of *Twelfth Night*, Geoff Proehl, said.

This fall’s mainstage play centers on love, death, knowledge and ignorance, heavy topics that can open us up to see the world in new ways. With these complicated themes, Proehl fostered an environment of conversation during the rehearsal process, allowing for conflicting ideas and compromise amongst cast and crew alike.

Much has gone into the making of *Twelfth Night* that often does not meet the eye. Conversations with team members began a couple of years ago; they made the decision in the spring of 2016 to put on this play.

Over the summer, one of two assistant directors, senior Claire Martin, put in countless hours with Proehl to edit the script of the original play.

We wanted to make it more accessible for a 21st century audience,” Martin said. “It was really intense. I loved every minute of it, though.”

This intensity has carried on throughout the first few months of the school year, with over 20 hours per week of rehearsals. Exploring and analyzing the script to discover its meaning and the characters’ motivations along with putting acting together with stage, sound and lighting design are just two of the many challenges that the *Twelfth Night* team has worked on.

“The best part about theatre is within the story. People within the story are going to have different stories,” senior Liz Frost, another assistant director, said. “It’s an extremely collaborative process.”

Roles amongst team members are distinct, yet very intertwined. As assistant directors, both Frost and Martin work closely with the actors

and Proehl to achieve a finished product they are all proud of. However, they both have specific areas within this collaboration that they focus on. Martin specializes in the text itself, building the play’s foundation, while Frost concentrates on taking that text and putting it into context, making it make sense for the actors.

For the actors, too, *Twelfth Night* has been a big, rewarding commitment. Junior Allie Lawrence, who plays Viola, expressed her excitement to be a part of this production, which is her first mainstage show at Puget Sound.

“The hardest part is learning to balance my time in a new way and trying to give as much as possible to the production because that’s really important to me,” Lawrence said.

For everyone involved, *Twelfth Night* has taken high levels of time-management skills. Mariah Prinster, the actor portraying Olivia, knows this well. As a pre-med and theater double major, she has learned to cope with 9 a.m. to 5 p.m. classes, followed by four hours of rehearsal and a few hours of homework. To make it work, she has learned to focus on one task at once and to use her free time to catch up.

“It balances,” Prinster said. “I’ve always wanted to be a doctor. Theater acts as my sanity and grounds me.”

While working on *Twelfth Night*, the cast and crew have become close and learned quite a bit.

“The play continually challenges us to be as smart as we can intellectually and emotionally,” Proehl said.

Come out and support your fellow Puget Sound community and see an exciting new take on a centuries-old masterpiece.

Times:

Friday Oct. 28 at 7:30 p.m.

Saturday Oct. 29 at 7:30 p.m.

Thursday Nov. 3 at 7:30 p.m.

Friday Nov. 4 at 7:30 p.m.

Saturday Nov. 5 at 2 p.m. and 7:30 p.m.

Location:

Norton Clapp Theatre, Jones Hall

Tickets:

Tickets at Wheelock Student Center -- \$11 general admission, \$7 Puget Sound student/faculty/staff, military, senior citizen



PHOTO COURTESY OF KURT WALLS

Upcoming Auditions

Director’s Lab

Auditions: Mon. Oct 31 at 6PM or 8PM

Callbacks: Tues. Nov 1, 6PM

Mr. Burns, a Post-Electric Play

Auditions: Mon. Nov 7 at 8PM

Call backs: Tues. Nov 8 at 6:30PM